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| **Health Improvement Contact List** |
|  | **Health area** | **issue** | **Company** | **About** | **Name** | **Phone number** | **Email** |
| **Nutrition and Exercise** | **Oral health** | **Oral health and hygiene** | London Northwest Healthcare NHS Trust | Delivers oral health assemblies and workshops | Adele Francois | 07495236207 | Adele.francois@nhs.net |
| **Nutrition** | **Dining Room** | Berrymede Primary  | Headteacher has revamped the school’s dining room space and experience. | Lubna Khan | 0208 993 9053 | head@berrymede-jun.ealing.sch.ukor |
| Academy Feltham | The headteacher introduced a successful school meal model where all pupils eat a healthy school meal that is prepared by a chef. | Ed Vainker | 020 3551 9305 | info@reachacademy.org.uk  |
| **School lunches** | Harrison Catering  | Group Manager | Rickie Colebourn | 0208 280 0316 | rickie.colebourn@harrisoncatering.co.uk |
| Harrison Catering | Schools Programme & Commercial Manager | Adam Whalley | 020 8825 9420 | AWhalley@ealing.gov.uk |
| Harrison Catering | Senior Group Manager | Maria Chalghoumi | 077 9567 6212 | Maria.chalghoumi@harrisoncatering.co.uk  |
| **Obesity and healthy eating** | Danone | Eat Like A Champ Programme Coordinator. | Charlotte Broos | 0208 799 1163/ 0792 007 2657 | Charlotte.BROOS@danone.com |
| One You Ealing | MEND programme | Nicole Stephens | 07714 756222/ 0208 354 8936 | Nicole.Stephens@wlmht.nhs.uk |
| I Know Why Its Yum Mum | IKYIYM Director. Deliver healthy eating assemblies and workshops. | Natasha Gavin | 0780 165 5657 | iknowwhyitsyummum@virginmedia.com |
| NGP Public Health Worker | Offers a stall at health fairs, assemblies, workshops and taster sessions on Zumba, Yoga, nutrition, breakfast, cooking on a budget, diabetes, mental health and NHS health checks | Zeine Mehio | 0798 4401 234 | mehiozeina@hotmail.com |
| HENRY | Eight week programme for parents or carers of children aged 0 to 5 years old. Free to join.  | Denise Wheatley | 07872 507 659 | DeniseW@familylives.org.uk |
| School Travel Team | School Travel Adviser | Victoria Willis |  | WillisV@ealing.gov.uk |
| Featherstone School Sports Partnership | Partnership Development Manager | Stuart Weston |  | SWeston@featherstonehigh.ealing.sch.uk |
| Willowtree School Sports Partnership | School Sports Coordinator | Ericka Woodward | 07591 157238 | ewoodward2.307@lgflmail.org |
| Kelvin Walker | Organiser of Ealing Half marathon. Delivers running assemblies in schools. | Kelvin Walker |  | kelvin@ealinghalfmarathon.com |
| Berrymede Primary School  | PE Lead. This school has run successful physical activity initiates in their school. | Steve Cotton | 0208 993 9053 | scotton@berrymede-jun.ealing.sch.uk |
| Fit4Sport | Offer training courses to improve PE, deliver fully inclusive PE and offer fun activities during play times. |  | 020 8742 4990  | enquiries@fitforsport.co.uk |

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| **Relationships and Sex Education** | **Relationships and Sex Education** | **RSE for SEND pupils**  | Image in Action | Provides support to school staff and pupils regarding RSE. | Lesley Kerr-Edwards | 01494 481632 | lesley@imageinaction.org |
| **Healthy relationships**  | Tender | Offer a range of workshops and staff training:* Healthy Relationship projects (free for primary and high)
* Primary School Projects – 2 day project based on healthy relationships, FGM and forced marriage
 | Cordelia Morrison | 0207 697 4275 | cordelia@tender.org.uk |
| **Preventing abuse**  | NSPCC | Offers free workshops for children based on recognising abuse and reporting it also offers the Speak out, Stay Safe free workshop |  | 0208 282 6284 | <https://www.nspcc.org.uk/services-and-resources/working-with-schools/> |
| **Domestic Violence** | Women’s Aid | Domestic Violence and VAWG | Amna Abdullatif | 07530 726572 | A.Abdullatif@womensaid.org.uk  |
| **Hestia in Ealing**  | Crisis intervention and advocacy for woman and men experiencing domestic abuse |  | (020) 8280 2229 |  |
| [Refuge](http://www.refuge.org.uk/)  | Domestic violence 24 hour hotline |  | 0808 2000 247 |  |
| SAFESPACE | DV Prevention worker | Gary Hobbs | 0208 825 8036 | HobbsG@ealing.gov.uk |
| Family Safety WorkerSupporting Parents and Children in Ealing affected by domestic abuse | Pat Chapman | 0208 825 8843020 7244 4553/0793 991 5235 | ChapmanPa@ealing.gov.uk SPACE@victimsupport.org.uk  |
| **Mental health and emotional wellbeing** | **Emotional wellbeing** | **Mental Health/ Emotional wellbeing** | Ealing MIND | Therapy sessions and a timetable of activities to help adults with their emotional wellbeing. |  | 020 8571 7454 | info@mind-eh.org.uk |
| DoveSelf Esteem | Run workshops to help build confidence and self esteem |  |  | <http://selfesteem.dove.co.uk/Articles/Written/Teachers-and-schools.aspx> |
| Ravenor Primary School  | This school has developed mindfulness and resilience activities. | Ciara McGrath | 0208 578 1654 | cmcgrath@ravenor.ealing.sch.uk |
| **Resilience** | Young Minds | Academic Resilience  | Marcella Verdi | 020 7089 5057 | ymenquiries@youngminds.org.uk |
| **Mindfulness and Meditation** | MindUp | Offers a comprehensive and progressive mindfulness for children as well as training for staff | Emma Shilston | 0208 282 6284 | info@thehawnfoundation.co.uk |
| Fielding Primary School | MindUp has been implemented in this school and is working effectively. | Corinne Tate | 02085679524 | cswan10.307@lgflmail.org  |
| Paws.b | Offers a 3 day mindfulness training courses for adults which enables you adults to practice mindfulness with 7-11 year olds |  |  | enquiries@mindfulnessinschools.org |
|  |  | **Loss and Bereavement** | Rainbows | Offer staff training for delivering loss and bereavement counselling sessions for groups of children | Katrina Avery | 0748 344 5698 | katrina.rainbowsgb@btconnect.com |
| **School counselling services** | Place2be | Offers a variety of counselling services in schools including 1:1 counseling sessions, parent sessions and staff sessions. |  | 0207 923 5500 | enquiries@theplace2be.org.uk |
| CliPS | Clinical psychologists who offer one to one child counselling sessions in primary and secondary schools | Sarah Jay, Extended services: | 0779 941 6830 | sjay@ealing.gov.uk |
| ConnectEd | Offers a variety of counselling services in schools including 1:1 counseling sessions, parent sessions and staff sessions. |  | 0208 969 5305 | <http://ccsconnected.org.uk/contact/> |
| **Safeguarding Prevention** | **Preventing extremism**  | **Preventing extremism** | Ealing Prevent Team, Ealing Council | * General enquiries
* Strategic Prevent Manager:

Managing risk and safeguarding issues* Preventing Extremism in Schools Adviser :

Curriculum guidance and training* Prevent Safeguarding Manager:

Risk assessment support | Nazia MatinMubina AsariaPaul Smith | * 020 8825 8895
* 020 8825 5323
* 020 8825 7590
 | preventschoolsinfo@ealing.gov.ukmatinn@ealing.gov.uk  asariam@ealing.gov.uk SmithPA@ealing.gov.uk  |
| Ealing School CyberMentor Programme | * Greenford High School
* Stanhope Primary
 | Mubina AsariaSahreen Siddiqui | * 020 8578 9152 Ext:1602
* 020 8575 9989
 | masaria@greenford.ealing.sch.uk ssiddiqui4.307@lgflmail.org  |

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|  | **Safeguarding** | **General** | NSPCC Schools Programme | Can deliver school assemblies and lessons on types of abuse. | Ria Charlton | 07771792231 | Ria.Charlton@NSPCC.org.uk  |
| ECIRSReferal | Ealing’s Children’s Integrated Response Service – first port of call if you think a child is at risk of abuse | ECIRS |  0208 825 8000option 2 |  |
| Ealing CP Advice | To call to discuss concerns about the safety of a child or young person  | ManagerDuty DeskLADO | 0208 825 8364020 8825 8930020 8825 8155 | eagles@ealing.gov.uk tinglel@ealing.gov.uk  |
| **FGM** | Featherstone High School | Have developed and implemented lessons on FGM in KS 3 & 4 | Sarah Horton | 02088648544 | SHorton@featherstonehigh.ealing.sch.uk  |
| Well Women’s Clinic | Counselling and support for women with FGM. | Deqa DirieJuliet Albott | 0208 383 876107730970738 | deqadirie@nhs.netJuliet.Albert@imperial.nhs.uk  |
| FGM Police Officer | Met police FGM Officer | Rachel Tobias |  | Rachel.M.Tobias@met.pnn.police.uk  |
| FORWARD | FGM campaign and support organisation |  | 020 8960 4000 | forward@forwarduk.org.uk  |
| NSPCC FGM Helpline | Call the FGM helpline if you're worried a child is at risk of, or has had, FGM |  | 0800 028 3550 | fgmhelp@nspcc.org.uk  |
| **CSE** | Ealing Council | Coordination & implementation of Ealing CSE Strategy (includes support for schools). | Christina Evers | 0208 825 5951 | EversC@ealing.gov.uk  |

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| **PSHE** |  | **Stop Smoking** | Smoke Free Ealing  | Tobacco Control Specialist can deliver assemblies, workshops and lessons to pupils. | Poppy Murray | 07816170918 | murrayp@ealing.gov.uk |
| **Alcohol and drugs** | EASY project | The CGL EASY Project is a support service for young people using drugs and/or alcohol. |  | 020 87992290 |  |
| **First Aid** | St John’s Ambulance | Deliver first aid courses. | Estelle Stephenson | 0207 258 7075 | Estelle.stephenson@sja.org.uk |
| **Online Safety** | Ealing Council | ICT Advisor | Mark Robinson | 0793 911 4456 | MRobinson@ealing.gov.uk |
| UK Safer Internet Centre | Provides advice for professionals working with children.<http://www.saferinternet.org.uk/>  | Helpline | 0844 381 4772 | enquiries@saferinternet.org.uk |
| Greenford High | Lead – Whole school E-safety programme | Mubina Asana | 0208 5789152 | MASARIA@greenford.ealing.sch.uk |
| **Bullying** | Durdans Park Primary | This school has run successful activities in their school. | Bijal Maroo | 079 47 592 299 | bmaroo.307@lgflmail.org |
| St John Fisher Primary | This school has run successful activities in their school. | Joanne Aulds | 020 8799 09070 | jaulds@st-johnfisher.ealing.sch.uk |
| Anti- bullying alliance SEN/disability | Training & support for SEN anti-bullying champions |  |  | aba@ncb.org.uk. |
| Restorative Justice | ETE Coordinator. Youth Justice Team | Louise Morgan | 0208 825 6727 | MorganL@ealing.gov.uk |

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| **Health Improvement Team** |  |  | Ealing Council | **Health Improvement Officer:** Emotional health and Wellbeing | Stacey Edmead-Payne: | 0208 825 8865  | Paynes@ealing.gov.uk |
| Ealing Council | **Health Improvement Officer: Nutrition & exercise and Healthy Schools London awards** | Nicole McGregor | 020 8825 5484 | McGregorN@ealing.gov.uk |
| Ealing Council | Health Improvement Adviser: Safeguarding | Karen Gibson | 020 8825 7707 | karen.gibson@ealing.gov.uk |
| Ealing Council | Health Improvement **Officer: RSE and PSHE** | Claire Meade | 020 8825 6173 | meadec@ealing.gov.uk |
| **Other** |  | **School Nurse Service** | School Nurse Service | East School Nurse Leader | Nicky Thomas | 0794 473 5075 /020 8992 8538 | n.thomas@nhs.net |
| School Nurse Service | Special School Nurse Team Lead | Paula Johnson | 0208 825 8343 | JohnsonP@ealing.gov.uk |
| School Nurse Service | West School Nurse Leader | Linda Abraham | 0741 562 6968/ 0203 313 7938 | linda.abraham@nhs.net |
| **Healthy Schools London**  | Healthy Schools London | Healthy Schools Manager. | Liz Prosser | 0207 983 4970 | liz.prosser@london.gov.uk |
| Ealing Council | **Health Improvement Officer** | Nicole McGregor | 020 8825 5484 | McGregorN@ealing.gov.uk |
|  | **Public Health** | VCS Public Health Information, Outreach and Capacity Building Health Champions Training | Community Projects Officer, Ealing CVS | Angela Dodwell | 0208 280 2287 | angela@ealingcvs.org.uk |
| Interim Training Manager, Ealing CVS, | Polly Seaman | 0208 280 2243 | clare@ealingcvs.org.uk, |
| Volunteer Centre Manager, Ealing CVS, | Samantha Stotland, | 020 8280 2241 | Samantha@ealingcvs.org.uk |
| Chief Executive, Ealing CVS | Andy Roper | 020 8280 2231 | ndy@ealingcvs.org.uk |
| Network Support Officer, Ealing CVS | Iain Elliott, | 020 8280 2281 | Iain@ealingcvs.org.uk, |
|  | **Community Hubs Public Health Work** | VCSKey contact information for partners and operational staff delivering different strands of the voluntary and community sector (VCS) Public Health Programme | Public events, workshops and estate/area outreach | Sasha Roden. Premises Centre Manager, Lido Centre | 020 8280 2223 | sasha@lidocentre.org.uk |
| Jackie SearCommunity Development Officer, GNP | 0795 855 7069 | jackiesear.CDW@live.comgnpfederation@hotmail.co.uk |
| Saloua OussalahAdministrator | 020 8992 6738 | Saloua@actonforum.org |
| Janpal BasranNetwork and Community Development Manager, Southall Community Alliance | 020 8574 8855 | janpal1967@hotmail.com |
| Babie KapoorAdministrate Officer, Southall Community Alliance. | 020 8574 8855 | southallcommunityalliance@hotmail.com |